

Warming sweet potato soup

Preparation and cooking time: 25 - 30 minutes

Ingredients:

- 1 tbsp. coconut or olive oil
- 2 medium / 1 large onion, diced
- 3 carrots, peeled
- 1 sweet potato, scrubbed
- 4 cloves garlic, grated or crushed
- Thumb sized piece fresh ginger, grated or finely chopped
- 1 tsp ground cumin (or add more if you like)
- 1 tsp ground turmeric (or add more if you like)
- 1.5L hot or boiling water
- 1 cup red lentils, well rinsed in a sieve
- 2 tsp good quality veg bouillon or stock e.g. Marigold or Kallo
- 1 tin full fat coconut milk e.g. Thai Gold
- Finely chopped fresh coriander to serve
- Toasted pumpkin seeds (see below) to serve

Directions:

- Heat the coconut oil in a large saucepan, add the onions and cook on a medium heat
- While the onion is cooking, chop the carrots and sweet potato, add to onions and cook for 5 minutes
- Add the garlic, ginger, cumin and turmeric and cook for a further two minutes
- Add the water, lentils, veg bouillon, coconut milk and simmer gently for 12 minutes or until the veg are cooked and the lentils have collapsed
- Serve as it is or blend for a smooth soup
- Serve topped with the fresh coriander and toasted pumpkin seeds

Toasted pumpkin seeds: heat a dry pan and dry fry 4 tbsp pumpkin seeds on medium heat for 1 – 2 minutes until lightly toasted and starting to pop. For extra flavour sprinkle with 1 tsp tamari or soy sauce when removing from heat. Allow to cool. These are great sprinkled on salads or in lunchboxes.

To reduce chopping time and speed up cooking time, you can chop the veg finely in a food processor. To change the flavour, replace the spices with 2 tsp curry paste.